

GARUDA PURANAM.

and provided with nine apertures or external ducts, day and night, exudes impure and unclean secretions, and a morning ablution is the means of bringing about its 'purification, each day. An ablution in the Ganges imparts a cheerfulness to the mind, and health and a beautiful complexion to the body. It dissipates grief and misery. * For the extinction of the ten classes of sin, severally committed by Deceiving what has not been formally given, by doing torbidden acts, by hurting or killing any creature, by carnally knowing another man's wife, by using abusive language to, or hurting the feelings of any, by speaking falsehood, by practising niggardliness, by improper speaking, by coveting other men's riches, by wishing evil to others, I take this ablution in the Ganges/' One shall recite this Mantra, while bathing in the Ganges, on the tenth day of the moon's increase, marked by the asterisin Hasta or Jesthd, or .under the auspices of the astral combination known as Dasha-Papa-Hari. Brief is the ceremony which attends an act of ablution in the morning; while it is elaborate in respect of that which is made at noon.'

House-holders and forest-dwelling hermits (Vinaprasihās) are only competent to bathe twice a day, viz., a.t morning and mid-day; while Yatis are privileged to bathe three times, each day. A Brahmacharin shall bathe only once a day. Having performed the rite of A'chamanam, and invoked the sacred pools therein, one shall take a bath in the river.

Thirty million is the number of the malignant
spirits, called
Man.dehas, who manifest 3 desire of devouring
the sun at
day break. He, who does not attend to. his
Sandhyi rite
at the meetings of the day and night, verily kills
the sun,
inasmuch as the libations of consecrated
water (offered
unto the sun-god in ,the course of a SandhyS.)
tend to consume
these monsters (Mandehas) like stream^ of liquid
fire. The
unions or meetings (Sandhya) of the day and the
night, which
we called Sandhyis, last for the period of two
Nadikas till
the sun or the stars appear in the sky. After
the perform-